

ABSTRACT

The invention provides an exercise device (10) that is worn on the human body, that easily applies an exercise load, that conveniently enables the start of exercises, and that causes no hindrance even when the exercise device (10) is handled by mistake. The exercise device (10) is sewn from stretchable synthetic fiber fabric. The exercise device (10) is made up of a pair of annular wristband parts (22) to be worn on both wrists, a pair of body-worn portions (30) having a pair of grip parts (24) sewn integrally with the wristband part (22) so as to be gripped, and a connection member (20) that is sewn to be annular and that is passed through the inside of the wristband part (22) so that a connected point with the wristband part (22) can move in the circumferential direction of the wristband part (22) in order to connect the pair of wristband parts (22) together. Therefore, exercises can be started easily and conveniently without causing a hindrance like a situation in which the body-worn portion (30) slips off from the hand, even if an exerciser, such as an aged person, is too weak in grasping power or in muscular power of the arm to grasp the grip part (24). Additionally, the position or angle of a load during exercises can be changed, and the degree of freedom of the kind of exercise can be improved, so that the muscular strength of the neck, shoulder, back muscles, arms, and stomach muscles of the body can be enhanced.

(12)特許協力条約に基づいて公開された国際出願

(19) 世界知的所有権機関
国際事務局



(43) 国際公開日
2004 年 4 月 8 日 (08.04.2004)

PCT

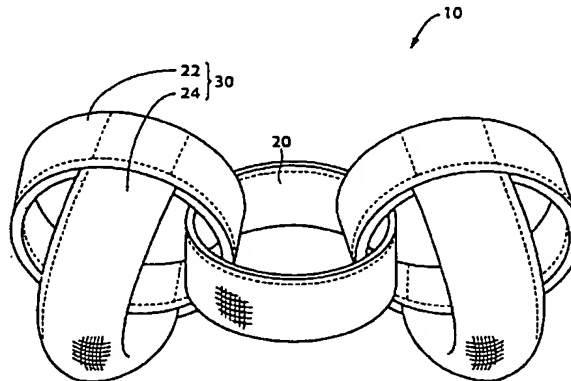
(10) 国際公開番号
WO 2004/028645 A1

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(22) 国際出願日: 2002 年 9 月 27 日 (27.09.2002)
(25) 国際出願の言語: 日本語
(26) 国際公開の言語: 日本語
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(81) 指定国 (国内): AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, ES, FI, GB, GD, GE, GH, GM, HR, HU,

(続葉有)

(54) Title: SPORTING

(54) 発明の名称: 運動用具



(57) Abstract: Sporting goods (10) being put on a human body in order to impart a load easily through exercise and through which exercise can be started readily without causing any trouble even if it is handled erroneously. The sporting goods (10) are made by stitching a stretch fabric of synthetic fibers, and comprise a pair of fitting parts (30) where a pair of grip parts (24) being gripped by hands are stitched integrally to a pair of annular wrist band parts (22) being fitted to both wrists, and an annularly stitched coupling member (20) penetrating the inside of the wrist band parts (22) such that the part being coupled with the wrist band part (22) can move in the circumferential direction thereof in order to couple the pair of wrist band parts (22) with each other. Even if an aged person having a weak grasping power or a weak muscular strength of arm can not grasp the grip parts (24), the fitting parts (30) do not separate from the hands and exercise can be started readily. Position and angle of a load can be varied at the time of exercise, degree of freedom can be increased in the kinds of exercise and muscular strengths of neck, shoulder, back, arm, abdomen, and the like, can be enhanced.

(57) 要約: 生体に装着されて運動による負荷を簡単に与え且つ手軽に運動を開始でき、扱いを誤っても支障のない運動用具 (10) を提供する。運動用具 (10) は、伸縮可能な合成繊維製編地から縫製されたもので、両手首に装着するために環状をなす一対のリストバンド部 (22) に、手によって握られるためにそれぞれ一体的に縫い着けられた一対のグリ

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